

# The Pipeline

Volume 2000, Issue 43

November 20 2000



From left (staff from the Lake Cumberland Region): Ruby Turner, Linda Houk (regional winner), Virginia Aaron, Mildred Bunch and Margaret Giles.

## Social Service Aide 2000 Conference

*By Kathryn Carlin, OPE Training Branch*

Social Service Aides with the Department of Community Based Services' Protection and Permanency Division held their annual conference Oct. 10 – 12 at the Holiday Inn North in Lexington. The conference, attended by 85 Aides, focused on issues pertinent to the SSAs job responsibilities, such as working with substance-abusing families, working with the Hispanic population and workplace and personal safety. Dr. William Parker opened the conference with a moving and personal perspective on cultural diversity. The staff also had an opportunity to network during storyboarding sessions designed to expand the ideas of serving families. The conference ended with an awards luncheon recognizing the outstanding service regional winners. Patricia Covington, Fayette Region, was honored as the state winner.

## CFS Focus Points to Breathitt County

A new publication devoted to Comprehensive Family Services and its six pilot counties is online.

Click <http://cfcbbsi01/cfsnews/focus.htm> to see the first issue of CFS Focus. New editions will be posted every other week.

## Button Is the Badge of a Good Listener

*By Anya Armes Weber, CFC Communications*

The Quality Central Connections Committee wants staff to know their voices are being heard. That's why the group is offering "I'm Listening" buttons.

When employees see their supervisors are being good listeners, paying attention to what's going on in the office or just doing a good job, they can give those bosses a button to wear.

Buttons are available from the following committee members and internal consultants:



**CBS Commissioner's Office - Rose Pennington**  
**Disability Determinations - Janet Connor**  
**Family and Child Safety - Carol Whipple**  
**Family Support - Eric Barnes and Lee Ann May**  
**OPE - Wayne Cooley**  
**OPS - Jean Kendell and Debbie Yeary**  
**OTS - Dean Crawford and David Jurek**  
**Office of the Ombudsman - Bobbie Walters**  
**Personnel - Linda Satterly**  
**Policy Development - Mille Higgins and Lane Kemp**  
**Protection and Permanency - Annette Harrod and Kim F. Johnson**  
**Training Branch - Melvin Byne and James Mason**  
**Quality Assurance - Sheree Combs**

## CFC Seeks to Identify and Honor Special Employees

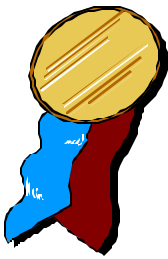
Those of us who spend our workdays navigating the maze of cubicles at Quality Central risk living up, or down, to the perception that we're out of touch with what's happening in the field. We may drift into a pattern of filing forms, making sure numbers add up, approving contracts, moving inventory—and answering, when asked to meet a pressing human need, “that’s not my job.”

That was never an acceptable answer. It is doubly unacceptable now that the Cabinet, through Comprehensive Family Services, is trying to ensure that the support system for each family forms a seamless whole.

To make Comprehensive Family Services work, the Cabinet must undergo a profound self-transformation. And for that to happen, employees in every job and at every level must accept as a personal responsibility any task that advances the well-being of the people we serve.

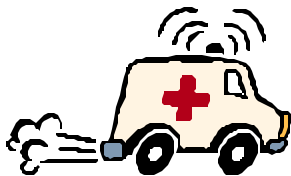
Please help us identify and honor those who take that responsibility to heart. If you know of a Quality Central worker who has played a pivotal role in helping a family or a vulnerable child or adult, Pipeline wants to hear about it.

Telephone or e-mail your story to Patricia Boler, Pipeline editor. Include, if possible, approximate dates and the names of CFC employees involved.



## Sick Leave Needed

Sally Gayle of the Telecommunications Branch is in need of donated sick leave. Sally had cancer and has exhausted all of her leave time. To donate time, contact Janie Johnson at (502)564-6478 ext. 3336.

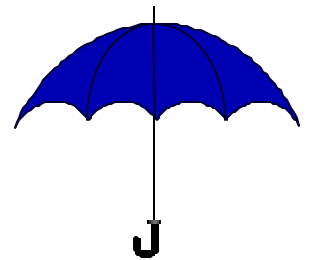


## State Offices Closed

State offices will be closed for the Thanksgiving holiday on **Nov. 23 and 24.**

## New Lobby Mural Illustrates CFS and EAL

*By Lisa Aug, CFC Communications*



A new mural being painted in the CHR Building's lobby symbolizes CFC's commitment to Comprehensive Family Services (CFS). The Cabinet has been rolling out skill development sessions across the state and in Frankfort for all employees that will support the delivery of high-quality services to families. The sessions are entitled Everyone A Leader (EAL). The mural will depict the umbrella of CFS covering all of CFC's many services and the philosophy of EAL supporting those services.

The mural is temporary but will serve as a reminder to CFC staff that we are all leaders serving Kentucky's families and children.



## CHS Newsletter Has New Web Address

Employees are encouraged to access the CHS Checkup by internet. The newsletter is available at the CHS web site.

You can find it by clicking here:

<http://chs.state.ky.us/chs/checkup/CHSCheckupindex.htm>

## Natural Bridge Offers Christmas Promotion

It won't be long before you'll need to start thinking about getting that perfect Christmas tree. Sure, you could make a mad dash in traffic to scour the tree lots. But here's an alternative -- combine your tree purchase with a relaxing overnight stay at beautiful Natural Bridge State Resort Park in Powell County.

The park is partnering with the Archway Regional Tourism Association for a package that combines a guest room at the park's lodge with a certificate redeemable for a cut Christmas tree at any of three local tree farms. You even get a park memento for participating.

The program runs Nov. 25 through Dec. 22 and is available any night, on a space available basis. The cost is \$69.95. For more information or to make reservations, contact the park at 1-800-325-1710.

# Food Handling Tips for Thanksgiving

Like most Americans, many Kentuckians will sit down to a turkey dinner this Thanksgiving to celebrate and share time with family and friends.



Since food is a common feature for most holiday celebrations, the Kentucky Cabinet for Health Services wants to make sure the food is prepared properly. Even though our foods, processors and suppliers are some of the best and safest found anywhere in the world, each year some Kentucky families may experience illness from their Thanksgiving meal. The Cabinet for Health Services wants to remind Thanksgiving cooks to follow some general food safety precautions.

“Many foodborne illness in Kentucky may be attributed to improperly handled foods in our homes,” said Guy Delius, manager of the food safety branch in the Department for Public Health. “There are some simple and easy food safety practices we can do in our home to minimize the occurrence of food poisoning.”

“While it’s important to handle foods in the home safely all the time, it’s especially important to take extra care during the holidays, because families are preparing more food than usual and more family members may be helping in the kitchen,” Delius said. “Also, food is often made in other family member’s homes and transported to the meal site, and people often eat the leftovers for days.”

Here are some more tips for the safe handling of food:

When dealing with poultry, make sure it is not undercooked and do not let raw poultry or meat juices touch any other foods.

Cooks should wash their hands frequently when handling food, and sanitize utensils such as knives, and items like cutting boards so that food is not cross contaminated. Washing food including fruits and vegetables, before preparing it.

Food should be promptly refrigerated.

## Health officials reinforce the need to wash hands often and thoroughly:

Unclean hands are often the source of food contamination.

- \* Always wash your hands prior to preparing foods.
- \* Wash your hands after you have handled raw meats.
- \* Wash your hands after you handle raw produce.
- \* Use soap, hot water and dry your hands with clean paper towels.

## Health officials offer the following guidelines for thawing a turkey:

Thaw in a refrigerator with the temperature at 41 degrees Fahrenheit or less. Allow 3-4 days for thawing. Place under

cool running water at a temperature of 75 degrees Fahrenheit or less; or if the entire thawing and cooking process will be done in the microwave oven, increase the temperature by 25 degrees Fahrenheit over normal conventional oven temperatures for a turkey to ensure even thorough cooking in the microwave and cook it immediately after thawing. When thawing turkey in a microwave oven, cook it immediately instead of letting it sit out.

## The following guidelines should be used when preparing turkey and stuffing:

Cook at 325 degrees Fahrenheit until the internal temperature of the meat reaches 165 degrees Fahrenheit with no interruptions in the cooking process. A meat temperature of 140 degrees Fahrenheit should be maintained until the turkey is served or the meat should be immediately sliced and refrigerated on shallow platters so that rapid cooling will occur.

It is not possible to cool a whole cooked turkey in an ordinary freezer or refrigerator within a few hours. Any undercooked juices, stuffing or meat in the thickest part of the turkey may result in bacterial growth over extended cool down time, such as overnight or for longer than four hours.

Platters should not be stacked on each other since proper air circulation is necessary to facilitate cooling. A turkey should be thoroughly cooked and rapidly cooled. A metal stemmed, dial-type thermometer placed in the thickest part of the thigh or breast should be used to measure the turkey’s internal temperature. It is best to cook the turkey and stuffing separately. If they are prepared together, the turkey should not be stuffed until immediately before cooking.

## Follow these suggestions when storing poultry leftovers:

Refrigerate at 41 degrees Fahrenheit or less. Wrap turkey and stuffing separately in shallow dishes or platters for storing. Prepare sandwiches on sanitized cutting boards and use clean equipment. To reheat a turkey or serve in a hot dish, rapidly heat it to an internal temperature of 165 degrees Fahrenheit and make sure it is heated thoroughly.

## Follow these suggestions to properly clean utensils:

To sanitize equipment or utensils after thorough washing and rinsing, immerse them for 30 seconds in clean, hot water at 170 degrees Fahrenheit, or immerse for at least one minute in a clean solution containing at least 50 parts per million of chlorine (one teaspoon of 5.25 percent household bleach per gallon of water at 75 degrees Fahrenheit). For cutting boards or equipment that is too large to immerse for sanitation, swab or wipe the clean surface with the sanitizing solution.

For more information about food safety, contact the Food Safety Branch for free literature at (502) 564-7181. Also, visit the Cabinet for Health Services’ Food Safety Branch web page at: <http://publichealth.state.ky.us/Food-Program.htm>